

Instant Chocolate Mousse

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 carton instant chocolate pudding mix

1 1/4 cups soy milk (cold)

3/4 package silken tofu (14 ounce)

Directions

1. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
2. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth.
3. Pour mixture into 4 small serving dishes.
4. Place in the fridge. Chill for at least 2 hours before serving.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	4 g	6%
Protein	7 g	
Carbohydrates	29 g	10%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	400 mg	17%